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thenewhammag

issue 229 // 16–30 September 2011

Searching for a successor

Ali outlines what it takes to be Newham Young Mayor (p18)

Newham London

Inspiring People

Let's get the party started!

Do you want to organise your own community event or be part of one of our events? Help us show the world that Newham will be the place to party in 2012. Whatever your ideas, we want to know!

Come along to our special launch event and find out how we can help you make it happen – we could even provide funding for you.

Saturday 8 October – Old Town Hall Stratford, 29 The Broadway Stratford, E15. Session one: **10.30am-12.30pm**. Session two: **2-4pm**.

To reserve your place at the event email **2012party@newham.gov.uk** call Natalie Osei-Owusu on **020 3373 3793** by Monday 3 October. Or visit **www.newham.gov.uk/letsgetthepartystarted**

the newham mag

Look out for the next issue from 30 September 2011

contents

16 September 2011 // **issue 229**

Following a great response to our publication of CCTV images from the recent disturbances, we bring you three pages of photos in this issue; take a look and help identify the suspects (p10-12). Shedding a more positive light on the youth of the borough, Young Mayor Ali Mohamed talks about his role in the run-up to this year's elections (p18-19) and a young woman tells us about her passion for singing (p26). And we get interactive as Councillor Ian Corbett tackles another question from a resident (p8).

Cllr Richard Crawford
Executive member for community affairs

Don't forget – If you live in East Ham, Royal Docks, Forest Gate or Custom House and Canning Town community forum areas, look inside for local news and events in In Focus.

MAG TEAM: 020 3373 4576
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STAFF PHOTOGRAPHER: Andrew Baker

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Newham London

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

IN BRIEF //

Warning to Council Tax dodgers

Newham Council is warning Council Tax dodgers that it will take court action to get warrants for arrest or orders committing debtors to prison if they do not settle arrears.

In July one man was jailed for six weeks by Stratford magistrates for not paying Council Tax. Last month another debtor owing almost £9,500 was arrested on a warrant and taken immediately to court. He only avoided a custodial sentence by agreeing a repayment schedule.

If you are experiencing problems paying Council Tax or want help and advice call 020 8430 2000 or email counciltax@newham.gov.uk

Young vision for libraries

Children and young people are being asked to complete the Children's Public Library Users Survey in libraries from 26 September to 11 October. Questions will include whether services are meeting young people's needs and expectations and suggestions for improvements.

Almost 3,000 youngsters took part the last time the survey was held, with 80 per cent of them satisfied with services.

If you're under 16 you can take part in the survey by visiting any library in Newham. All completed questionnaires will be entered into a prize draw for a chance to win an iPod Nano Touch.

Changing customer services

When Canning Town Library reopens later this month, most council services currently provided at Canning Town LSC will move to the revamped premises. A cash office service will no longer be provided. For more information visit ww.newham.gov.uk/cashless

Let's get the party started

Let's get the party started

Newham Council is hosting an event to help residents get into the party spirit and be part of the celebrations for the 2012 Games.

If you have an idea big or small which will bringing the community together or would like help in arranging your own celebration, head down to the event at the Old Town Hall, Broadway, Stratford, on Saturday 8 October and get some advice from the experts on how to get your party started.

Mayor Sir Robin Wales said: "We are organising an exciting programme of events for the whole community next year. We want people to either be part of one of our events or organise their own.

"Hosting an event is the perfect way to bring the whole community together, so if we like your idea we could support you with funding. We will show the world we know how to party."

There are two sessions on 8 October: 10.30am-12.30pm or 2-4pm. To reserve your FREE place email 2012party@newham.gov.uk or call 020 3373 3793.

New link is a rail boost

The new DLR station at Star Lane

The new fully accessible Docklands Light Railway (DLR) extension serving Stratford International and Westfield Stratford City is up and running.

The £211m link from Canning Town has opened almost a year before the 2012 Games. It includes four new stations and connects five Olympic and Paralympic venues.

Mayor Sir Robin Wales said: "This is a major boost to Newham's regeneration and our efforts to attract international companies to the borough.

"Siemens and Westfield have already moved in and the new extension will ensure that residents and businesses can take advantage of some of the best and most accessible transport links in the country. Stratford International Station should now become a major accessible hub for international services."

The new link offers much faster and more frequent services than the former North London line it replaces, with a train arriving every eight minutes during peak periods.

News

Keeping a watch on health

Cllr Laguda

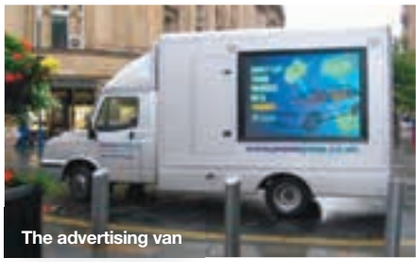
A new partnership between the National Health Service and Newham Council will see local people share their views how health services in the borough are run.

Newham Healthwatch will promote and support the involvement of residents in health and social care. It is one of 75 new HealthWatch organisations nationwide that will see decisions made by councils and NHS bodies under the spotlight.

Newham Council's executive member for older people and adults, Councillor Joy Laguda, said: "Listening to people's views is crucial to helping us to improve the services provided.

"Newham HealthWatch will ensure patients and carers understand the choices available to them and give them a voice about how local services are run." The new organisation is the partnership between the council and Newham Local Involvement Network (LINK) who have carried out a number of consultations with residents, including breast cancer awareness and care at home.

Van helping to catch disorder culprits


The advertising van

An advertising van displaying CCTV images of people wanted in connection with the recent disorder and violence has taken to the streets of Newham.

The van has appeared in Prince Regent Lane, Plaistow; Green Street in Upton Park; High Street North, East Ham and in Stratford.

Members of the community are being asked to identify the people featured in the footage by calling 020 8217 5078 and quoting the relevant reference number. Alternatively, to remain anonymous, people can call Crimestoppers on 0800 555 111. The images have also appeared in the *Newham Mag* and on the council's website.

Det Chief Insp Kevin Baldwin said: "This is just another tactic we are using to identify and bring criminals to justice. Already, an overwhelming number of people have come forward to help police. We want to build upon this by tracking down every single person who stole and broke the law during that period."

Carnival fun is top class

The Mayor with Manor School pupils

Mayor Sir Robin Wales visited pupils at Manor Primary School in Stratford to congratulate them on their involvement in the recent Newham Carnival.

Schools that took part in the parade around the streets of East Ham are being presented with a specially engraved glass award. Each pupil that took part was also presented with a medal.

Manor School received an extra award to celebrate their tenth year of contributing to the carnival. Parents and carers who helped on the day were also praised.

Sir Robin said: "It was a pleasure for me to be able to honour the school for their ten years of commitment. The children told me how much they enjoyed taking part, despite the horrible weather this year.

"Come rain or shine the carnival is always a fantastic event and gives us all an opportunity to get together and have fun as a community."

Workplace, Westfield and jobs

In the last couple of weeks we have seen the opening of the new Docklands Light Railway (DLR) extension from Stratford International to Woolwich and Beckton. Stratford is already the second most connected station in all of London and now you can go directly from Stratford to London City Airport, and hop on one of their daily flights to more than 30 destinations, including Zurich and New York. The new line also makes it easier to access Beckton, the University of East London Docklands campus and ExCeL.

"Westfield has not only regenerated large swathes of land but it has enabled us to help provide jobs and training for local people."

Something that I'm sure did not escape your attention was the long anticipated opening of Westfield Stratford City, which opened its doors to the public on 13 September.

The biggest urban shopping centre in Europe shares the E20 postcode with the neighbouring residential apartments in the Athletes Village and EastEnders, turning the fictional Walford into the very real Westfield.

As well as amazing shops, bars and restaurants, Westfield represents more than just bricks and mortar; shoppers, tourists and visitors will bring further benefits to the wider local economy. When outline planning permission for the development was given the go ahead in 2005, there was one reason why we thought it would benefit our borough. Westfield has not only regenerated large swathes of land but it has enabled us to help provide jobs and training for local people.

We have high levels of worklessness in the borough and we are committed to ensuring that our residents benefit from the opportunities that this and other exciting regeneration projects bring.

We set up Workplace, our job brokerage scheme, in 2007 for just this reason and since then it has helped more than 8,500 local people into work, by focusing on the needs of businesses and employers.

Thousands of jobs have been created as part of Westfield Stratford City. Waitrose, John Lewis and other retailers have blazed a trail in working with the council and, more specifically,

Sir Robin welcomes new Waitrose staff

Mayor's view

Outside Stratford City

Workplace to ensure that Newham residents are best placed to access to the vacancies on offer.

I recently attended a Waitrose event to welcome their new recruits. I was so impressed by the level of enthusiasm that the Newham recruits had for their new roles and the pride they showed for being able to work for such a fantastic organisation – now based on their doorstep.

So far, more than 1,050 residents are now employed at stores in Westfield and this number is increasing every day as more and more stores confirm their job offers to successful applicants.

And with Christmas fast approaching, it won't be long before a second phase of recruitment begins to fill additional roles.

> "So far, more than 1,050 residents are now employed at stores in Westfield and this number is increasing every day as more and more stores confirm their job offers to successful applicants"

Together with Westfield, Job Centre Plus and Workplace are recruiting for more than 90 stores. When employers start their recruitment process, Workplace is there, highlighting the benefits of recruiting locally.

We have forged a strong partnership with Westfield, Seetec and other partners, which will see us officially launch Skills Place Newham later this month. It offers pre- and post-employment training programmes and will provide industry-specific training in the fields of hospitality, customer services, retail and business administration, to name but a few.

> "Rest assured, what ever regeneration opportunities happen in our borough, we will work to ensure that our residents are first in line to benefit"

Skills Place Newham has already been operating from a number of locations but this new facility at the gateway to the retail centre will enable employers and employees to access the relevant help in one place, helping us to turn jobs into fulfilling and rewarding careers.

Yet this is just the first phase of projects for this area – with the development of the International Quarter, there will be four million square feet of new commercial, office and hotel space providing thousands more jobs from 2014.

Rest assured, whatever regeneration opportunities happen in our borough, we will work to ensure that our residents are first in line to benefit.

with Sir Robin Wales

Councillor Q&A

We asked you to send in questions you'd like to see answered in the Newham Mag. Beryl Giller from Forest Gate emailed us to ask:

Recently, motorists and pedestrians in Newham endured closed roads, diversions and muddy footpaths in the interest of the work being carried out on our sewers. This, we were told, was to reduce the risk of flooding in the future.

Every time we get heavy rain a lot of the local drains in this area cannot cope with the excess water and huge puddles collect at the top of Disraeli Road completely covering the road. This was not the case prior to the work done on the sewers.

I would like to ask the councillor if this is to be a permanent situation.

Dear Beryl,

As you correctly point out, Thames Water has carried out works in the borough as part of their flood alleviation scheme, which was completed in 2010. It involved sewers being upgraded and a new underground tunnel built to carry away excess water. In the long term, this is great news, as it will decrease the risk of flooding in Newham.

The excess water you write about is probably caused by blocked gullies, or drains. There are around 23,000 gullies in the borough, draining surface water on roads into the network of sewers. The gullies are routinely cleared by the council.

However, the council cannot always gain access to the gullies, the main hindrance to this being parked vehicles blocking access.

I will ensure that the particular problems that have occurred in Disraeli Road will be identified as a priority area for local surface water flooding and are investigated. We are making a great effort to deal with blocked gullies and repair any damaged connections to sewers to ensure that the road gullies run clear. This work, in combination with the completed flood alleviation works, should keep Newham's roads clear of flooding.

Yours sincerely,
Councillor Ian Corbett executive member for environment

To report blocked drains or gullies on the public highway call 020 8430 2000.

Gully cleansing

Email your Councillor Questions to Newham.Mag@newham.gov.uk or write to Newham Mag, Fourth Floor, West Wing, Newham Dockside, 1000 Dockside Road, London E16 2QU

Newham London

Young MAYOR OF NEWHAM

YOUNG MAYOR 2011

YOUR VOTE COUNTS.

www.newham.gov.uk/youngmayor

ym _newham

Nominations for the Young Mayor 2011 close on 28 September. Don't miss out apply now!

To apply or find out more visit the website.

POLICE, COUNCIL, ACTION!

You have been coming forward in droves to name and shame people who took part in the August disturbances, after having seen their CCTV mugshots in the Newham Mag. Thanks to you, the police have now been able to track down and arrest 76 suspects following hundreds of calls from residents. You are playing a pivotal role in bringing justice to these criminals and helping to give a voice back to the law-abiding majority.

In this issue, we bring you images captured by the police helicopter, offering an even clearer view of suspects' faces, as well as a second chance to identify the few that have escaped your attention so far.

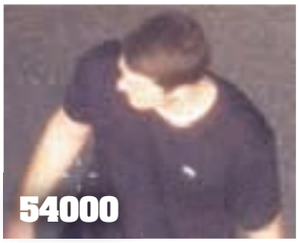
With your help, we can send a message that crime does not pay. Have a good look at the images on these pages: do you recognise anyone? If you have any information on the people featured, please call the police CCTV unit on 020 8217 5078 and quote the reference number given under the relevant photo. To remain anonymous call Crimestoppers on 0800 555 111. Any information you give will be treated in the strictest confidence.

Newham London

METROPOLITAN POLICE Working together for a safer London

Newham

If you have any information please call the police CCTV unit on 020 8217 5078 and quote the reference number alongside the photo.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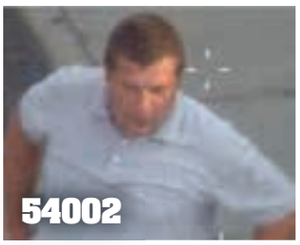
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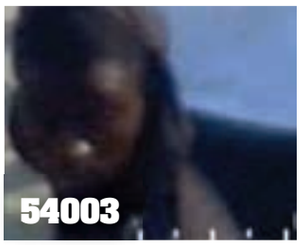
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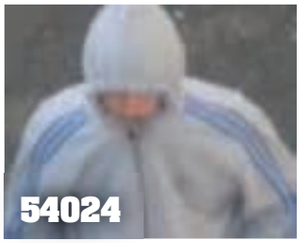
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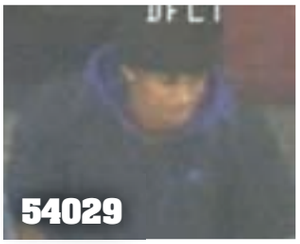
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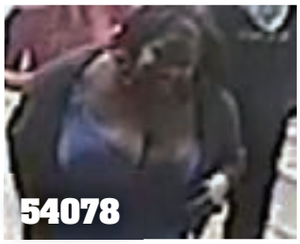
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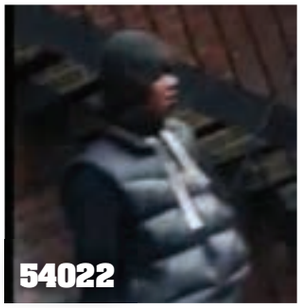
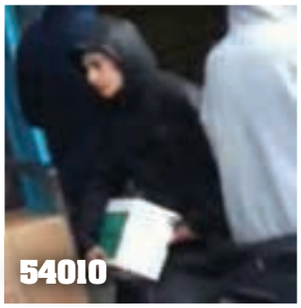
Report anti-social behaviour in Newham by calling 08007 313 300. To report a non-emergency crime to the police call 101. In an emergency always call 999.

TAKE A SECOND LOOK >>

The police are still looking for these people in connection with the disturbances. Do you know any of them? If you have any information that could help lead to an arrest please contact the police CCTV unit on 020 8217 5078.





To remain anonymous call Crimestoppers on 0800 555 111.

Newham London

Do you want to develop your language interpreting skills?

Then now is your chance to access a free level 3 community interpreting course.

This 11-week course is available to Newham residents and will run on Saturdays from 12 November – 17 December 2011 and 14 January – 11 February 2012.

Closing date for applications: 14 October.
Course induction date: 29 October.

Speakers of all languages are welcome to apply and there is a particular demand for interpreters in the following languages: Tamil, Malyalam, Portuguese, Swahili, Lingala, Vietnamese, Dari, Thai, Bulgarian, Hungarian, Serbo-Croat.

The Mary Ward Centre is working in partnership with Newham Language Shop to offer free training to successful applicants who live in Newham.

To express your interest or for further information, please e-mail **michael@marywardcentre.ac.uk** or visit the website: **www.marywardcentre.ac.uk**

THE LANGUAGE SHOP
bringing languages to life

MWU

FOREST GATE

Town Centre Regeneration

HAVE YOUR SAY YOUR VIEWS COUNT

Obsidian is holding a public exhibition on **22nd September 2011** from **2pm to 9pm** at **Durning Hall,** Earlham Grove, Forest Gate.

Proposals for the regeneration of Forest Gate Town Centre will be on display with the design team and developers available to explain the scheme and answer any questions you may have.

We will provide responses to the comments received following the exhibition of the scheme at the Forest Gate Festival in July 2011 and we will provide further details of the master plan and regeneration proposals.

Feedback forms will also be available at the public exhibition.

Obsidian

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AT NEWHAM COLLEGE LONDON

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www.ucas.ac.uk (inst. code N31)
www.newham.ac.uk/ucs

Ofsted Outstanding 2008/2009

NEWHAM COLLEGE LONDON

BETTER HOUSING FOR PRIVATE TENANTS

Anti-social behaviour, nuisance noise and cleaner streets are all things you have told us affect your quality of life. And all three have been linked to some private landlords mismanaging their properties. With around 35,000 privately rented dwellings and 4,000 landlords in Newham, the council has taken action. Since 2010 we have been piloting a Neighbourhood Improvement Zone (NIZ) in Little Ilford Ward.

What is an NIZ?

The NIZ is a joint effort between the council and our partners in the police and UK Border Agency and is the first of its kind in London. All landlords within the NIZ area were required to apply for a licence to continue their business, meaning they had to comply with certain standards and conditions. In addition to this, properties and businesses were routinely inspected and subject to enforcement action if they broke the law or terms of their licence.

NIZ: our acheivements so far

- 223 properties licensed.
- 228 of 247 private rented properties inspected, with 58 enforcement notices served for various breaches.
- 68 of 121 owner-occupied homes have had a home fire safety assessment and are having fire safety measures installed.
- Three dangerous flats closed where serious health and safety hazards were discovered.
- 22 Fixed Penalty Notices served for litter, fly-tipping, dog fouling and trade waste offences.
- Street scene improvements carried out, including all tree pits filled with recycled rubber to reduce littering and dog fouling.
- Underage sales test purchases and trading standards enforcement taken against all licensed businesses in the area and food safety inspections in all take away outlets. Health and safety enforcement action was taken in two premises on Romford Road.
- Two brothels on Gloucester Road and Romford Road closed.
- Cleansing and environmental enforcement in two alleyways that are hotspots for littering and abandoned vehicles.
- Two empty properties brought back into use by a Housing Association and private home owner.
- Two family homes brought back into use following their illegal conversions into flats.
- CCTV camera installed to monitor fly tipping hotspots.

The pilot NIZ has six months left, during which time the council will be consulting residents on rolling out a wider property licensing scheme in Newham in the future. Keep reading your Newham Mag for more details.

UK RESCUE CHALLENGE LONDON 2011

Friday, 23 and Saturday, 24 September

at ExCeL London

FREE family-friendly event with a difference!

- See firefighters in action taking part in high-intensity rescue challenges and water demonstrations at an Olympic venue.
- Visit the Community Safety Village to meet our fire dogs, watch our firefighter cooking challenge and learn about what the fire service does in your community.
- Lots to see for the whole family.

Plan your visit at: london-fire.gov.uk/ukrescuechallenge

UKRO
UNITED KINGDOM RESCUE ORGANISATION

LFB
LONDON FIRE BRIGADE

Business minded

Alison White is a woman that likes to get her hands dirty. With a career that began with building playgrounds, her work at East London Business Alliance (ELBA) as programme director for Newham has seen her build communities, not with bricks and mortar but with the commitment of big businesses in and around Newham.

ELBA was set up more than 20 years ago by a group of senior city business leaders. Their eye-opening visit to east London brought home the levels of poverty on the doorstep of the City; so much so that they decided to do something about it. The small action group they created has now grown into an award-winning charity that connects Canary Wharf and City companies with East End communities.

ELBA supports more than 500 local organisations to get the best opportunities from the ongoing regeneration in the area. Whether they're helping people into work or placing one of 11,000 business volunteers into the heart of the community to share their expertise, ELBA never tires of representing the people it supports.

What are ELBA's aims?

All big businesses have to deliver corporate social responsibility – a way of giving back to the local community – and ELBA makes it easy for them to do that. In the main, we bring lots of people with business skills and expertise to work alongside local charities, schools, universities or the local authority.

How do you get big business on board?

Sometimes we're approached by companies but a lot of the time we go out and actively market ourselves. So we'll be talking to the new businesses in Stratford about delivering their corporate social responsibility. We'll be knocking on the doors of anybody who's involved in the building or regeneration of Newham.

What does your work involve?

We work with a lot of volunteers from our member companies who give a day to do anything from environmental work to painting classrooms. We ask charities what support they need and then find volunteers to help them. Most recently, a guy from Barclays joined the Renewal Programme board – which oversees the Hartley and Froud centres – and we've had people from the Bank of America, Citibank and the Financial Services Authority join the board of Newham's credit union, Newcred.

We also do a lot of work in schools. Our first business support group at Rokeby School has just won a Times Education award.

How do you help residents benefit from employment opportunities?

We work closely with the council and Workplace. We also have a partnership with London City Airport called Take Off Into Work, which won an award this year. We have access to a lot of jobs that are in the City and Canary Wharf. With our membership links we can make vacancies which might not normally be available accessible. We have schemes like our real apprenticeship programme, where we put people in jobs on a trial basis. That unlocks a lot of opportunities for local people; it's life-changing stuff.

What are some of your biggest challenges?

We need to improve skills and raise aspirations. If you live in Canning Town you could walk to Canary Wharf, but actually a lot of young people don't. When they look at Canary Wharf they don't always see a wealth of opportunity. If you look at, say, HSBC or Crédit Suisse, it's not just bankers. There are other functions like IT, HR, marketing, admin, catering, all within one building. When you take a group of young people into, say, Morgan Stanley for the first time it can be a bit scary. But once you've been over there and have found out that the people there are just normal people, your mindset changes, especially when people start to talk about how they got into their jobs. It's a two way street. It's about companies opening their doors and young people opening their minds to the possibilities. Our role is being the middle person who helps to break down the barriers, bring people together and make those jobs happen.

To find out more about ELBA visit **www.elba-1.org.uk**

CAN YOU FOLLOW IN HIS FOOTSTEPS?

When 17 year old Ali Mohamed was named as Newham's fourth Young Mayor life as he knew it changed overnight. He became a role model, a beacon for Newham and the voice for more than 25,000 young people in our borough.

The young man from Upton Park has had an exciting past year. Juggling A-levels alongside his mayoral responsibility whilst enjoying being a teenager has been a challenge, but one he will never forget.

What made you want to run for Young Mayor?

At secondary school I was a senior prefect, head boy and a student council representative. My teacher at school wrote my college reference and my tutor at college suggested I go for Young Mayor of Newham. I grew up here so I know what the issues are for young people and I wanted to make a change.

What did you base your manifesto on?

I wanted to create more opportunities for young people, so they can stay on the right track.

All young people are talented in some way – it doesn't have to be academically. That's why I wanted to hold the Newham Talent Quest and inter forum football competitions. I wanted to unite young people and give them opportunities to come together and showcase this talent.

Where I grew up everyone wanted to be 'known' in their area. Some people went down the negative route, getting involved with gangs to acheive this. But I've learned that most young people want to be known because they're academic or have talent. The talent quests were a way for young people to make a name for themselves for all the right reasons.

What did it feel like to win the election?

It was a great feeling. Everyone was over the moon. My mum started crying and wouldn't stop hugging me! When I went into college everyone was saying: 'hi Mr Mayor'. I thought: 'yeah, I've achieved something good'.

Do you have to have an understanding of politics?

No, not necessarily, but you do need to be good at expressing yourself. You need to be able to tell someone what you like, what you don't like, how you feel about what they're suggesting and negotiate the best possible outcome.

What's good about the Young Mayor scheme?

Definitely being able to meet with such a diverse group of young people. When young people have issues or need guidance, they may not want to meet the Mayor or their local councillors but they'd be more likely to speak to someone who they feel represents them. The Young Mayor scheme promotes this and invites young people to come forward if they need that added support.

What role does the Youth Council play?

They have been very supportive. I didn't make a decision without consulting them. They tell me why things may not work, they give me an insight. I know about my local area and in the same way the Youth Council members know their areas. What may work in E7 may not work in E13.

Most of the Youth Council members are in school. They are the eyes and ears of the scheme. They speak to young people and tell me what the issues are and what they think I should do.

The Youth Council is at the centre of my decision making. I wanted them to work with me, not for me, so what we have achieved is a team effort, which is what the scheme is all about.

How have you managed college alongside being Young Mayor?

You have to prioritise and know what's important. You've taken on a role and with that comes responsibility. If you have a meeting to go to but your friend wants you to come out shopping that meeting is more important. With the shopping you're just representing your friend, whereas with the meeting you're representing all young people.

NOMINATIONS ARE NOW OPEN

Have you got what it takes to follow in Ali's footsteps? To find out more visit www.newham.gov.uk/youngmayor or for more information call 020 3373 8555 or email youngmayor@newham.gov.uk
Follow the campaign on Twitter: search ym_newham

Newham in pictures

1 Field trip – Forest Gate Community School students grace the cover of this year's Moving From Primary to Secondary School brochure. **2** Navel-gazing as the finishing touches are made to Westfield Stratford City. **3** Mamma mia! Café Mondo, Stratford, reopens as a restaurant following a major refurbishment. **4** Star-Light express: the Docklands Light Railway extension from Stratford International to Woolwich opens. **5** A league of its own: the Premiership trophy comes to Barclays Bank in East Ham.

Turn back the clock

The last time most of us got physical on a football pitch or bounced a basketball was during our school days, but sport sessions are fun, welcoming and affordable, thanks to the council's Get Back Into sessions. With qualified coaches and instructors, you'll also learn something new or improve on the skills you already have.

Get Back Into…

Age 16+? There's something for you to try every day of the week.

MONDAY
Health Walk, 9.50–11am, Canning Town Recreation Ground E16, FREE
Sheila's Yummy Mummy Buggy Fitness, 10–11.30am, Central Park, E6, £2
Bingocise, 1–1.30pm, Beckton Community Centre, E6, FREE
Health Walk, 1.20–2.30pm, Central Park, E6, FREE
Salsa, 2.30–4pm, Beckton Community Centre, E6, FREE
Rounders, 6– 7.30pm, Beckton District Park, E6, FREE

TUESDAY
ToneTastic, 10.30–11.30am, Field Community Centre E7, FREE
Salsa, 11.30am–12.30pm, Field Community Centre E7, FREE
ToneTastic, 12noon–1pm, Beckton Community Centre E6, FREE
RunEngland (Jogging Group), 6–7pm, Newham Leisure Centre E13, £2
Netball, 8–9.30pm, Lister Community School E13, £2

WEDNESDAY
Nordic Walk, 10.30–11.30am, Field Community Centre E7, FREE
RunEngland (Jogging Group), 12noon–1pm, Newham Dockside E16, £2
Bingocise, 1– 1.30pm, Newham African Caribbean Resource Centre E13, FREE
RunEngland (Jogging Group), 5.30pm–6.30pm, Newham Leisure Centre E13, £2
Masters Swimming, 9–10pm, Newham Leisure Centre E13, £1

THURSDAY
ToneTastic, 9.30–10.30am, Katherine Road Community Centre E7, FREE
Health Walk, 9.50–11am, Canning Town Recreation Ground E16, FREE
ToneTastic, 12noon–12.45pm, Newham African Caribbean Resource Centre E13 , FREE
Keep Fit, 12.30–1.30pm, Field Community Centre E7, FREE
Health Walk, 1.20–2.30pm, Central Park E6, FREE
Ballroom Dancing, 2.30–4pm, Field Community Centre E7, £1
RunEngland (Jogging Group), 5.30–6.30pm, Newham Dockside E16, £2

FRIDAY
Sheila's Yummy Mummy Buggy Fitness, 10–11.30am, Plashet Park E12, £2
ToneTastic, 10.30–11.30am, Field Community Centre E7, FREE
RunEngland (Jogging Group), 12noon–1pm, Warehouse K E16, £2
Non Contact Boxing, 5–6pm, Katherine Road Community Centre E7, FREE
ZUMBA, 6–7pm, Grassroots, Memorial Park E15, £4

SATURDAY
RunEngland (Jogging Group), 10–11.30am, Central Park E6, £2
RunEngland (Jogging Group), 10–11.30am, Wanstead Flats, £2
RunEngland (Jogging Group), 10–11.30am, West Ham Park E15, £2
ZUMBA, 1–2pm, Grassroots, Memorial Park E15, £4

SUNDAY
RunEngland (Jogging Group), 10am–12noon, Newham Leisure Centre E13, £2
ZUMBA, 2–3pm, The Hub E15, £4

More activities are planned in the future so this programme will be updated on a monthly basis. If you would like to be added to our mailing list, please contact us.

Find out more by visiting www.getbackinto.co.uk, calling 020 3373 1327 or emailing GetActive@newham.gov.uk Find us on Twitter: #NewhamLeisure

In the net

The council and OPA Netball Club launched Get Back into Netball sessions earlier this year. They have scored highly with the borough's women, attracting between 20 and 25 players per week. Due to the high number of attendees the club are now entering a second team into the Essex Met Netball League.

Sessions are coached by ex-England Netball International Amanda Newton, with assistance from two other club coaches. If the women are up for a bit of healthy competition, there are opportunities to represent the club, as well as to train to become a coach.

Latoyah Ize, 22, is one of the team. She says: "My friends recommended the session and I have been coming for five weeks. I haven't played for a long time and decided I wanted to get involved again. The sessions are good fun." Maria Gayle-Stanley, 24, said: "I wanted to get back into playing for fun and to help my fitness. I realised how much I missed playing since I've come to the sessions and now I am planning to play in the league from September."

The women play in a safe environment and at a venue and time that suits them, and sessions are delivered in a fun way. The Get Back Into Netball sessions are part of a national US Girls project which is a Sport England funded initiative that aims to get 30,000 young women more active, by providing them with opportunities to play sport within their local communities.

OPA practise

Get Back Into is for men and women over 16 years of age. For more information on the netball sessions contact Lesley Jones on 07717 281529 or email opanetballclub@hotmail.com

Celebrate a decade of dr

For the past ten years, people wanting to experience the best in comedy, dance, music, theatre and literary events haven't had to head to the star studded West End for their cultural fix. The intimate surroundings of Stratford Circus in Theatre Square have hosted the finest national and international talent, bringing the arts to adults, young people and children.

A decade on from the opening of the borough's premier arts venue the team at Stratford is planning a year long party - and everyone's invited to join in the celebrations.

The festivities begin on Saturday 24 September at 11.30am, when Stratford Circus hosts a family day with free drumming, juggling and poetry workshops, as well as face-painting, cupcake decorating and other child-friendly activities. Alongside a wealth of entertainment there'll be special performances of The Light Garden, an interactive camping experience where children armed with torches can explore a magical world. This ticketed event aimed at children aged from 18 months to four years is created by award-winning film maker Rachel Davies. Newham residents can enjoy the show for the reduced price of £5, compared to the usual price of £7.

In the past ten years:

- one million people have visited Stratford Circus
- tens of thousands of school children, young people and adults have discovered their talents on its stages
- 5,000 artists have performed at the venue
- there have been more than 2,000 shows.

A season of splendour

If you can't make the festivities on 24 September here are a few highlights from this season's programme:

Django Bates, the influential British jazz pianist and 'a monster keyboard improviser' (Evening Standard) performs on Sunday 6 November at 8pm.

This autumn the **New London Orchestra** performs against the festive backdrop of the award-winning animation, *The Snowman*.

June 2012 sees the **World Shakespeare Festival** come to Stratford Circus to present a specially commissioned show by The Royal Shakespeare Company and Oily Cart for two to four year olds, where children are taken on a journey through the landscape of

ama, dance and the arts

Shakespeare's imagination.

Drop in to Stratford Circus to pick up a copy of the new season's brochure or visit **www.stratford-circus.com** to download a copy or sign up to the mailing list.

Did you know?

Newham residents get discounts on some of Stratford Circus's top shows. Look out for the special Newham resident yellow logo on promotional material.

A circus with bite

Whether you're looking for a place to enjoy a spot of lunch with the family or want a venue where you can relax over coffee and catch up with friends, look no further than Circus Café. From mouth-watering bagels and delicious tapas to yummy home-made cakes and award-winning Monmouth coffee, Stratford's best kept secret is the perfect place to work, create or chill out – and there's free wi-fi for all visitors and special live music, craft events and performances throughout the autumn.

Throughout September, Newham residents can enjoy ten per cent off food and soft drinks – mention the Newham Mag to claim your discount.

Artistic Ambassadors at Stratford Circus

We think Stratford Circus is great – but we're not the only ones. Here are a few of their supporters on why they love running away and escaping to the Circus.

"Stratford Circus is the heartbeat of creativity in Newham and a place for the next generation of performance makers and audiences of east London." ***Jimmy Akingbola, Holby City actor, born and raised in Newham***

"Happy birthday Stratford Circus and keep doing what you're doing, supporting local artists and doing great food!" ***Andi Osho, comedian***

"I am returning to Newham to raise the profile of my home borough and to increase the dramatic power of my work in partnership with Stratford Circus." ***Barbara Nadel, novelist raised in Plaistow***

Got something to shout about? Email your ideas to newham.mag@newham.gov.uk

YOUR SPACE

where young people take control

SINGING SENSATION

Caroline Aboikoni-Nelson, 17, from North Woolwich, sets her sights on the finals of OPEN MIC UK.

Music has always been a part of my life. I grew up listening to the likes of Janet Jackson, Lauryn Hill and Dolly Parton – some of my mum's favourite singers. I knew all their songs and aspired to be like them. Shows like Stars In Their Eyes made me want to sing even more. I was always amazed at the way people sounded when they sang.

I was six when I realised my passion. I absolutely love performing on stage. I've performed in many local shows and events around Newham. I discovered a competition called OPEN MIC UK two years ago, but I didn't take part because I thought I wasn't ready. When I mustered up the courage, I went and auditioned. I was completely overwhelmed when I got through to the second round and it gave me a huge confidence boost. I'm now battling for the chance to perform at the O2.

Caroline Aboikoni-Nelson

"I was completely overwhelmed when I got through to the second round and it gave me a huge confidence boost."

The OPEN MIC UK competition searches for the UK's best singers, singer/songwriters, rappers and vocalists. The winner has the opportunity to win a recording contract and above all that there is also about £50,000 in prizes ready to win along the way.

I enjoy all types of music but I would say my singing style is more R&B mixed with a little jazz and soul. Artists like Adele, Amy Winehouse and Jessie J are my inspiration. People can support me by coming to watch me perform at the Regional Showcase Final in Townsgate Theatre, Basildon, on 2 October where I'll represent London east.

My dream is to work in the media industry and I'd like to go to uni and study media journalism. But that's just my dream. My passion is music.

To support Caroline's quest for stardom visit www.openmicuk.co.uk

Newham University Hospital NHS
NHS Trust

Annual Public Meeting

Wednesday 28 September
5.00 - 6.30pm

All members of the public are welcome to attend

Newham University Hospital NHS Trust
Glen Road, Plaistow, E13
Education Centre, Ground Floor, Zone 1
Refreshments will be provided

For more information about this event please contact Andrew Davies on 020 7363 9354.

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- Engineering
- Games Development
- Creative and Media Production
- Business
- Beauty, Nails, Complimentary Therapies
- Sport & Fitness
- Travel Services
- Health, Social Care & Early Years
- Hospitality and Catering
- Retail
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- Additional Learning Needs
- Performing Arts
- Teaching
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Newham London

Starting school in Newham

Reception class places for September 2012

If your child will have their 5th birthday between 1 September 2012 and 31 August 2013 you need to apply for a reception class place now.

The deadline for a reception class place for September 2012 is **15 January 2012.** If you miss this date you will have less chance of getting the school that you prefer.

To make sure you apply on time, **apply online. www.eadmissions.org.uk**

From **12 September 2011** you can pick up a copy of the autumn 2011 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.

Taking control of diabetes

Young people with diabetes are being given a new lease of life since Newham University Hospital NHS Trust introduced diabetes education sessions.

Zakaria Abdi looks at his meter

Zakaria Abdi, 12, who was diagnosed with diabetes when he was two, explains: "Since I attended the sessions and can self-manage the amount of insulin I take, my life has been so much better. I can go out or get up when I want and eat what I want. I've got a meter that helps me to calculate the amount of insulin I need, which means I no longer have the highs and lows that used to make me feel bad.

"Another great thing was that I got to meet other children with Type 1 diabetes. I've made new friends who have the same issues, which has made me more comfortable with being diabetic. The education sessions have made me realise that I can take control; I'm capable of managing my condition and living a normal life."

Young people with Type 1 diabetes are provided with three education sessions, which provide a greater understanding of the condition and enable them to move to the multiple injection therapy (as opposed to fixed twice-daily), which gives them greater control, requiring the diabetic to monitor and manage the amount of insulin they inject by calculating the amount of carbohydrates they eat and considering what activities they have planned.

The education sessions look at diet, the effects of individual lifestyles and how to calculate and monitor insulin levels and blood glucose (sugar) using the meter as a self-management tool.

Know the symptoms:

Dr Abdul Moodambail, consultant paediatrician, explains what to look out for: "Children and adolescents can develop insulin-dependent diabetes. Symptoms to watch for include: drinking lots (an unquenchable thirst), urinating frequently (maybe waking up in the night or bed wetting), being very hungry and weight loss. Commonly these symptoms are accompanied by tiredness and lethargy. If you observe changes in your child and they have some of the above symptoms make an appointment with your GP."

Free fire-fighting family fun

One of the country's biggest and most prestigious firefighter events, UK Rescue Challenge London 2011, is to be hosted at Custom House's ExCeL on 23 and 24 September.

The free two-day event will give Newham residents the opportunity to experience first-hand how firefighters work. From cutting trapped people out of crashed cars and rescuing casualties from water to providing medical care before the ambulance arrives, you will be able to see how it's done.

In addition to the challenge, the family event will also feature a community safety village where visitors will be able to learn about how to prevent and escape from fires.

For more information about the event and how to get there go to www.london-fire.gov.uk/UKRescueChallenge2011

Demonstrating a rope rescue

Help your business boom

The University of East London is offering free one-to-one tutoring as part of the Institute for Sustainability's FLASH programme. FLASH, which is part-funded by the European Regional Development Fund, aims to help London-based small and medium enterprises to implement sustainable practices. This will help to increase the competitiveness of your business and will enable you to meet environmental requirements in the public sector as well as increase your online effectiveness.

University of East London consultants will provide a minimum of 12 free hours of assistance. Entries are expected to come in thick and fast so make sure you apply as soon as you can. Email flash@uel.ac.uk or phone 020 8223 6506 to arrange consultation with a member of the FLASH project team.

See your ideas on stage

THEATRE ROYAL STRATFORD EAST

Theatre Royal Stratford East

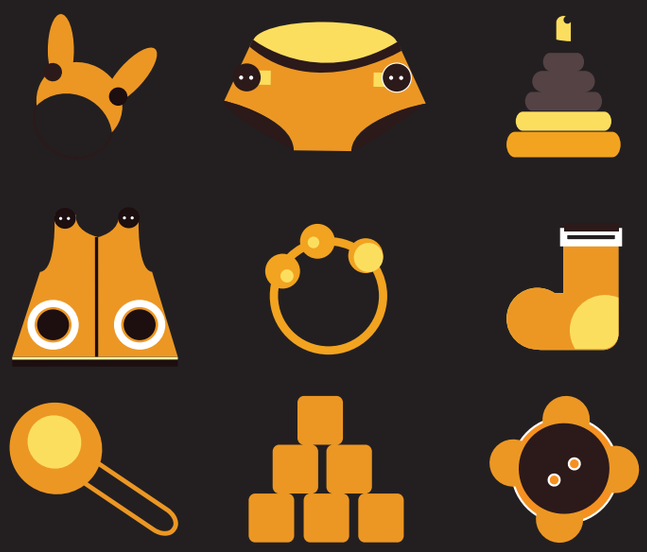
Theatre Royal Stratford East has launched an online survey to find out more about what you want on stage.

As part of its Open Stage project, from January to July 2012 the theatre is to give control of its programme to the public. Newham residents will be given the unique opportunity to decide what they see on stage.

The Open Stage online survey takes around ten minutes to complete. Everything that is learnt from the survey will help to decide what happens on stage. Every person that takes part will also be entered into a prize draw to win £50 of high street vouchers.

To take the online survey, go to www.stratfordeast.com or www.openstage2012.com, click on 'take the online survey' and be part of creating Theatre Royal Stratford East's 2012 season of shows.

For more information about Theatre Royal Stratford East and the Open Stage project please visit www.openstage2012.com



Nearly new baby clothes and toys sale

The National Childbirth Trust (NCT) is holding one of its famous nearly new sales on Saturday 24 September from 11am to 3pm at St John's Church, Stratford Broadway.

Buy at cheap prices, or pay a small fee for a table to sell your secondhand baby and child goods and keep all the profits you make.

For more details and to register as a seller contact Joanne by emailing joanne.smallman@yahoo.co.uk or calling 07970 304 715.

CARERS' CORNER

Carers' events this autumn

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

Newham Carers Network offers FREE health-related activities to carers through its Better Health for Carers Project.

All carers are welcome at mental wellbeing sessions on 'how to overcome low moods', taking place on Thursday evenings starting 22 September at Stratford Advice Arcade.

For more information, please call Jackie on 020 8519 0811.

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY

Sageny, 9

Ismail, 7

Ashritha Addagulla

Millena Mulugeta, 8

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Wordsearch

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Aprons
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Eggs
Kitchen
Omelettes
Pancakes
Pots
Recipes
Sausages
Spatula
Vegetables

WIN!!!

DESIGN A BIRTHDAY CARD FOR STRATFORD CIRCUS

You can help Stratford Circus celebrate its birthday in style! The famous arts venue is launching a competition with the Newham Mag to design a birthday card.

If you are under the age of 12, put pen, paint, crayon or whatever you like to paper. Families as well as schools are welcome to enter. There are two prizes: individual entrants win a ticket for a family of four (must include one child) and school entrants win tickets for their class (30 children and one teacher) for the theatre performance Snow Play taking place on 9 December at 2pm.

Competition closes 31 October. Birthday cards can be anything up to A4 size and will be placed into the foyer of Stratford Circus on its birthday wall. Pop into Stratford Circus or see their website for further details of how to apply www.stratford-circus.com

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

16– 30 SEPT

TRY SOMETHING NEW... OPEN AIR THEATRE

East Ham-based theatre company Make Believe is showcasing a free open air performance of We'll Meet Again this September.

The play takes the audience back in time to Central Park during the Second World War. East Ham girl and forces sweetheart Vera Lynn puts the hopes of a nation into music. Her chorus is the whisper of the soldier, the prayer of the nurse and the song of the landgirl.

'We'll Meet Again' is an interactive performance about the hope of each couple separated by war.

Friday 23rd September, 6pm. Meet by the War Memorial corner of High Street South and Rancliffe Road entrance, Central Park.

Both plays are open-air promenade performances and last around one hour. Please dress weather appropriately and wear comfortable shoes. In case of very bad weather the performances will be cancelled, but in light rain they will go ahead. Feel free to bring an umbrella.

For more information (or to confirm that the performance is still on) please call director Emelie Clark on 020 8123 4413 or email makebelievetheatre@live.com. Children must be accompanied by an adult.

ALL LIBRARY LISTINGS

See Library Contacts (next page) for venue details.

UNDER FIVES GROUPS

All open to under fives with their parents/carers.

Storytelling
Beckton Globe Friday 10-11am
Custom House Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday 10.30-11.30am
Manor Park Thursday 10.30-11.30am
North Woolwich Thursday 2-3pm
Plaistow Tuesday 11am-12noon
Stratford Tuesday 11am-12noon and Friday 11am-12noon

Crafts Club
Manor Park Tuesday 10.30-11.30am

Toy Library
Beckton Globe Monday 10am-12noon and Thursday 1-3pm
East Ham Tuesday 10am-12noon and Thursday 10am-12noon

Imaginative Play
East Ham Friday 10.30-11.30am

Learning & Craft
Beckton Globe Tuesdays during school term 1.30-2.30pm

ADULT READING

Adult Reading Groups
East Ham Monday 19th September 6.30-7.30pm

OTHER GROUPS

Over 50s Club
Beckton Globe Thursday 10-12 noon

Click-On – computer sessions for over 50s, contact the library to book a place
East Ham Friday 10am-12noon and 2-4pm
Plaistow Friday 10am-12noon and 2-4pm

ICT Surgeries
The Gate Thursday 10am-12noon

Writers' Group
The Gate Tuesday 27 September 5.45-7.45pm

Knit & Natter – craft group for men and women of all ages and abilities
Beckton Globe Wednesday 10am-12noon
Custom House Thursday 1.30pm – 3.30pm

Movie Night at Stratford Library – free showing the film Red Riding Hood (12a) by author Catherine Hardwicke.
Stratford Thursday 29 September 6-8pm

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.
Beckton Globe Tuesday 4-6pm

Canning Town
Thursday 4-6pm
Custom House
Thursday 4-6pm
East Ham
Monday 4-6pm
The Gate
Tuesday 4-6pm
Green Street
Tuesday 4-6pm
Manor Park
Thursday 4-6pm
North Woolwich
Monday 3.30-5.30pm
Plaistow Thursday 4-6pm
Stratford Monday 4-6pm
Games Clubs – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.
Custom House
Tuesday 3.30 to 5.30pm
East Ham
Tuesday 3.30-5.30pm
Manor Park Monday 3.30-5.30pm
Stratford Playerz – Free activities for young people aged 12 and over.
Stratford Thursday 22nd September 4pm-6pm
Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for ages 12-16.
Beckton Globe Wednesday 3-5pm
Teen Xtra Evenings – Free activities for ages 12-21.
The Gate Thursday 6-8pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853
Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855
East Ham High Street South, E6 6EL. 020 3373 0827
The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856
Green Street 337-341 Green Street, E13 9AR. 020 3373 0857
Manor Park Romford Road, E12 5JY. 020 3373 0858
North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843
Plaistow North Street, E13 9HL. 020 3373 0859
Stratford 3 The Grove, E15 1EL. 020 3373 0826
Archives and Local Studies 020 3373 6881
Community Outreach Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball

Newham NSP (free)
- Basketball coaching, 8-19
Mon, 7.30-9pm
Little Ilford Youth Centre, E12
- Basketball Competition, 8-19
Tues, 6-7.30pm
Lister School (Sports Hall), E13
- 3 vs 3 league, 8-19
Thurs, 5-7pm
Forest Gate Youth Centre, E7

Youngbloods Basketball
- Under-12s, mixed
Saturdays, East Ham Leisure Centre
1-3pm
- Under-13/14s, boys
Mondays, 6-8pm, St Angela's School
Tuesdays, 5.30-7.30pm
Newham Leisure Centre
- Under-14s, girls
Mondays, 4.30-6pm, St Angela's School
Tuesdays, 5.30-7.30pm, Newham Leisure Centre
- Under-15/16, boys
Tuesdays, 6-8pm, East Ham Leisure Centre
Fridays, 6-8pm, St Angela's School
- Under-17/18 boys
Tuesdays, 8-9.45pm, East Ham Leisure Centre
Thursdays, 7-9pm, St Bonaventure's School
Fridays, 6-8pm, St Angela's School
Each session costs £1. Contact Caroline on 07958 307 657 for more details.

Football

Newham NSP (free)
Five-a-side
- U14 & U18
Mon, 6.30-8.30pm
Newham Leisure Centre, E13
- 11-18
Wed, 5-8pm
Priory Park MUGA, E6
- 8-19
Wed, 5-6.30pm
Keir Hardie Park, E16
- Five-a-side, 8-19
Fri, 6-7.30pm
Scud Park, Tant Avenue, Canning Town, E16.
- Mayor's Football League, U14, U18,
Thurs, 4-6pm
Memorial Park
- Coaching and competition, 8-19,
Sun, 1-2pm
Winsor Park, E6
- Monthly tournament
U12, U14, U18, 10am-1pm
First Sat of the month
Plashet Park, E6

WHU Kickz (free)

Mon
- U14, 4-5.30pm
- 15+, 5.30-70pm
West Ham Community Astro Turf (Beckton)
- 11-18, 5-8pm
Forest Gate Youth Centre, E7
Tues
- U14, 4-5.30pm
- 15+, 5.30-7pm
West Ham Community Astro Turf (Beckton)
- 11-18, 6-9pm
Priory Park MUGA, E6
Wed
- 11-18, 5-8pm
Priory Park MUGA, E6
Thurs
- 11-18, 4-7pm
Priory Park MUGA, E6
Fri
- U14, 4-5.30pm
- Girls 11+, 5.30-7pm
West Ham Community Astro Turf (Beckton)
- 11-18, 5-8pm
Forest Gate Youth Centre, E7

Football

Air Football 16+

Tues
1-3pm, Stratford Park, E15
Fri
3-5pm, Beckton Powerleague
For more info visit www.airfootball.co.uk

Ascension Football Academy

For info call Beryl Callison 020 7511 1232.
School years R-3: 9.30-10.30am
School years 4-7: 10.45-11.45am
School years 8-11: 12noon-1.30pm
All sessions £2.50
King George V Park, E16

Basketball

Newham All Star Sports Academy (NASSA)
Junior programme

Homework club

Fencing

Gifted & Talented
8-11yrs boys/girls
Cumberland school,
Oban close, E13
Fridays, 4.15pm-5.30pm
U13/14, Thursdays 4.30-6.30pm and Saturdays 10am-12.30pm
U15, Thursdays 5.30pm-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, E13
U16/18, Monday 5.30-7.30pm
Rokeby School, Canning Town
E16 4DD

Senior Men/Women Programme
Division 2 Women and Division 3/4 Men
Monday 7.30-9.30pm
Rokeby School, Barking Rd, E16
For details contact coach Chris on 07703 503 995 or Coach Aurimas on 07712 176 301

Handball (free)
- Newham Flames, Tues
U15, 3.30-5pm
U18, 5.30-6.30pm
Newham Leisure Centre, E13 (Multi-Sports Hub)
Call Ari Bekker on 020 8430 2484

Multi sports (free)
Newham NSP
- Handball, football, competition
5-7pm, 8-19
Wed, Stratford Park, E12
- Coaching and competition
4-5.30pm, 8-19
Fri, St John's Community Centre, Albert Rd, E16

Athletics at Newham Leisure Centre
- Get Set Go Group, 11-16
Mon, 4-5.30pm, £1
- Met Track 10-17
Fri, 4.30-6pm
- Newham and Essex Beagles Athletics Club, 10+
Mon and Wed, 6.30-9pm;
Sun, 10am-1pm
Email jacqueline.ramsden1@btinternet.com

Cricket
- Tapeball cricket league (free)
11-15, 16+, 6-9pm
Kingsford Astro Turf
- Newham Cricket Club
Monday 5-7pm
8-16, £2 per session
Flanders field, Napier Road, E6
Visit www.newham.gov.uk for information.

Boxing
East Ham Boleyn ABC
10- years +; boys only
- Mon, Tues, Wed, 5-6pm
East Ham WMC, 2 Boleyn Road, E6
Call Daniel Penny on 07958 124 144
- West Ham Boys ABC
9-years +; boys and girls
Mon, Wed, Fri, 5-6pm
The Black Lion, 59-61 High Street, E13
Call Lianne Jameson on 020 8472 3614
- Peacock ABC 8-years +
Mon, Wed, 6-8pm
boys and girls
Caxton Street North, E16
Call Martin Bowers on 020 7511 3799
- Newham Boys ABC
6-years +; boys only
Mon, Wed, Fri, 6-7.45pm
Old Bath House
141 Church Street, E15
Call Ravinder Atwal/Joe Chapman 020 8519 5983
- Fight For Peace 11 years +; boys and girls
(Phone for session details)
Woodman Street,
North Woolwich, E16
Call Marigold Ride on 020 7474 0054

Contact clubs before visiting

Free non-contact boxing
Non-contact boxing is the perfect way to increase your fitness, lose weight, build strength and learn to defend yourself.
Osmani Boxing Club is open to males aged eight to 25
Fridays, 4-6pm
Froud Centre, 1 Toronto Avenue, E12
For more information call 020 7247 8080 or email healthyfutures@osmanitrust.org

Newham Swords
Learn to fence with Olympic champions; from ages four to adult. The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13.
Tuesday 6.30-9pm
Thursday 6.30-9pm
Friday 7.30-10pm
Call Linda on 07956 618 898 or visit www.newhamswords.co.uk

Dare 2 Dance
Free street dance classes for girls aged 14-24 including break dance, krump, waacking and popping.
Newham Leisure Centre (New Indoor Multi Sports Centre), 281 Prince Regent Lane, E13
Friday 3.30-5.30pm (3.30 - 4.30pm Open Technique Class, 4.30 - 5.30pm Choreography Class)
For more information contact Nicole on 07970 783 526 or email nicole.napier@newham.gov.uk

Newham Striders
Free, sociable walking group that go striding in the local area seven days a week. Visit www.newham.gov.uk, email paula.peaty@newham.gov.uk or call 020 8430 2000 for more information.

Universal Warriors Kickboxing Club
East London Muay Thai Academy, Arch 2, Cranberry Lane, E16
Mondays, Wednesdays and Fridays, 6.30-8pm, £7/£5 concessions
Saturdays 11.30am-12.30pm, female only boxfit class, introductory price £3.50
For more information call Don on 07784 712 813 or email teamrichards@hotmail.co.uk

Newham Shoujin Karate
Sessions for beginners:
Wednesday 4.30pm-5.30pm (4-15)
Thursday 6-8pm Fighting Fit (karate combat techniques and fitness) (16+)
Friday 6-7pm (4-15) & 7-8pm (16+)
Sunday 10-11am (4-16+)
Sessions are held at Newham Leisure Centre, Prince Regent Lane and the adjacent Multi-Sports Indoor Centre. For more

Boxing

information call 07508 070 638.

WCKD Karate & Self Defence Institute
Teaching Freestyle Karate and self defence
All levels including beginners
Children (5-9 yrs) £3.50 Weds 5-6pm & Sat 11am-12noon
Juniors (10-15 yrs) £5 Weds 6-7pm & Sat 12noon-1pm
Adult classes also available.
Maryland Studios, 84-86 Leytonstone Road, Maryland, Stratford, E15 1TQ
Call 07535 928297 or email wuchikwondo@gmail.com for more information.

Ramgharhia Badminton Club
Adults (Advanced)
Tuesdays, 7-9.30pm
Little Ilford School
Church Road, Manor Park
Juniors
Fridays, 6-7.30pm
Adults (Beginners/ Intermediate)
Fridays 7.30-9.30pm
Langdon School, Sussex Road, East Ham
For more information and prices contact Kilvir Bahra on 07803 834 037 or email ramgarhia.bc@gmail.com

Adult Badminton (16+)
Sunday, 11am-1pm
Froud Centre, Toronto Avenue, Manor Park, E12
All standards welcome.
Call Hilda on 020 8553 3223 or e-mail hildasilcock@hotmail.co.uk for more information.

OPA Netball Club
Tuesdays
Under 16s: 6-7pm and over 16s 8-9pm
Matches in Essex Met League/ Three Swords League on
Saturdays
Lister Community School, St Mary's Road, Plaistow
All levels welcome, for more information and prices call Lesley Jones on 07717 281 529 or email opa_netball_club @hotmail.com

Run in England – all £2
For more details email oimafidon@runinengland.co.uk or call 0797 926 1647
***Monday**, 4-5.30pm, Newham Leisure Centre E13, meet on the track*
***Tuesday**, 6-7pm, Newham Leisure Centre E13, meet on the track*
***Wednesdays**:*
12noon-1pm, Newham Dockside, Dockside Road E16, meet at reception
5.30-6.30pm, Newham Leisure Centre E13, meet on the track
***Saturdays**, all 10-11.30am:*
Central Park E6, meet at the café, Wanstead Flats, meet at Harrow Road Changing Pavilion West Ham Park E15, meet at southgate entrance off Portway
***Sunday**, 10am-12 noon, Newham Leisure Centre E13, meet on the track*

East End Road Runners – for all abilities
Tuesdays, 7pm,
meet on the track at Newham Leisure Centre, Prince Regent Lane, E13. Annual membership £10. Members: £3 per session/ non members £4.

Women United FC (16+)
Mondays (Term time only)
6.00-7.15 Kingsford School, Kingsford Way. Call Shona Pollock on 07968 665849

Woodside Badminton Club
Fridays 8-9.30pm
Carpenters Docklands Centre 98 Gibbins Road, E15. Intermediate and club standard players welcome. Call Steve 020 8514 1586. £5 waged/£3 unwaged

Newham Cyclists
Newham rides starting at 10.30am from outside Stratford Station and return at 3pm. No need to book. Just turn up on the day. Next ride is on Saturday 10 September.
To find out more, call 07947 236965

Cycling – sessions and guidance
Wednesdays: 11am, 12.15pm and 1.30pm
Free, all equipment provided
F13 Waterfront Studios, 1 Dock Road, E16
Call 020 7055 0808 or visit www.careinmind.org.uk

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports
Free Flying Wheels club for young wheelchair users aged six to 22. With an emphasis on wheelchair rugby and training from professional players. Wednesday and Friday evenings, 6-8pm
Rokeby School, Barking Road E16 4DD
Call Eda on 020 8472 0058 for more information.
Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm
Fri, 4-8pm, Newham Leisure Centre, E13, free

Multi-Activities
People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30pm

Family swims for disabled children and adults
Newham Otters Swimming Club, Sat, Newham Leisure Centre E13, 4.45-5.45pm
For more information call 020 8552 3195
£5 Family Swim, Sun, Balaam Leisure Centre, E13, 12.30-2pm
For details call Zeenat on 07528 562 902

Get fit for free
Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

Goalball
First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club
Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

For all of the following sessions contact Zahra at GLL on 020 7511 4477.

Free Trampolining sessions
Fri, 4-8pm; Sat 12.30-2.30pm, Newham Leisure Centre, E13

Free exercise to music
Sat, 12.30-2.30pm, Newham Leisure Centre, E13

Mixed swimming session for adults and children
Wed, 10am-12noon, East Ham Leisure Centre, £1.15

Families dealing with Autism Swim
Wed, 4-5pm, Balaam Leisure Centre, free.

ARTS LISTINGS

Stratford Picturehouse
From Monday to Thursday throughout September tickets for movies at Stratford Picturehouse are just £5 and only £3 for Members (add £2 for ticket 3D for), and with no online booking fee there could never be a better time to book http://www.picturehouses.co.uk/cinema/Stratford_London/

TROLL HUNTER (15)
A group of students making a film about mysterious bear killings discover that the truth really is stranger than fiction.

Crossing bridges will never be the same again. In Norwegian with English subtitles

PEARL JAM TWENTY
Tuesday 20 September
8.30pm
Created from over 1,200 hours of rarely seen and never-before-seen footage plus 24 hours of recently shot footage - concert, verité and interview - PEARL JAM TWENTY is the definitive portrait of Pearl Jam: part concert film, part insider-hang, part testimonial to the power of music and these uncompromising artists.

NEWSREEL
1 plus Q&A with director Alex Reuben
Sunday 25 September, 6pm
NEWSREEL 1 is a poetic recording of social, cultural and political events from the streets of London, the most diverse city in the world. The film is shot and edited right up to the moment of screening. Booking Information Book online by selecting a time or call the Box Office: 0871 902 5740 (10p a minute from a landline)

STRATFORD CIRCUS CELEBRATES TEN YEARS
Saturday 24 September
11.30am-5.30pm
Free family event at Theatre Square, E15, with cupcake decorating, face painting, drumming and poetry workshops. Discounted tickets for Newham residents to see the Light Garden (see page 24). For more information visit www.stratford-circus.com

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified

Tuesday 20 September
Licensing (2003 Act) Sub Committee, 10am, Committee Room 1
Licensing (2003 Act) Sub Committee, 11am, Committee Room 1
Licensing (2003 Act) Sub Committee, 2pm, Committee Room 1
Crime and Disorder Scrutiny Commission, 7pm, Committee Room 2
Strategic Development Committee, 7pm, Council Chamber Old Town Hall, E15

Wednesday 21 September
Audit Board, 7pm, Committee Room 1

Thursday 22 September
Cabinet, 5pm, Council Chamber
Mayoral Proceedings, 5.15pm, Council Chamber

Monday 26 September
Licensing (2003 Act) Sub Committee, 10am, Council Chamber
Local Development Committee, 7pm, Council Chamber, Old Town Hall, E15
Licensing (2003 Act) Sub Committee, 7pm, Council Chamber

Tuesday 27 September
Overview and Scrutiny Committee, 7pm, Committee Room 1

Wednesday 28 September
Licensing (2003 Act) Sub Committee, 11.45am, Council Chamber
Licensing (2003 Act) Sub Committee, 7pm, Council Chamber

Thursday 29 September
Newham Community and Police Forum, 7pm, Lister Room

MEET THE MAYOR

Meet Sir Robin
Tuesday 20 September, 5-6pm, Newham Town Hall, Barking Road, E6,

Saturday 24 September, 9.30-10am, Manor Park Local Service Centre, 685-689 Romford Road, E12.

Please arrive at the start of the surgery.

Speak to Sir Robin
Wednesday 28 September, 9.30-10.30am. Call 020 3373 8444 and speak directly to Sir Robin.

USEFUL NUMBERS

020 8430 2000
Hundreds of services, just one number – for all council enquiries
For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor
Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk
For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk
For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games
To report anti-social behaviour – anything that causes your local area to look unsightly or makes other residents' lives unpleasant – call Newham's 24-hour hotline on 0800 731 3300
To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

VARIETY CONCERT

Join the St Edmunds Centre choir for a fundraising variety concert on Saturday 1 October at 7.30pm. Audrie, Ed and Friends will entertain the audience with tunes to suit all tastes and the kind of party atmosphere you would expect from a Saturday night! An interval will give you a chance to chat, stretch your legs and enjoy the wine, soft drinks and snacks.

Tickets are £6 (£5 concessions). The venue is St Edmunds Centre, 464 Katherine Road, Forest Gate, E7 8PN. For more information call Audrie on 020 8471 0223.

Newham London

FREE sports and activity day for the over 50s

Come and celebrate International Older Person's day and take part in lots of activities

Friday 30 September, 10am -3pm
Newham Leisure Centre, 281 Prince Regent Lane, E13 8SD

Buses: 147, 262, 473
DLR: Prince Regent
Tube: Plaistow (District)

For further information call Lisa Brivati on 020 3373 0301, email getactive@newham.gov.uk or visit www.newham.gov.uk

GLL www.gll.org

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